



SBRC Lap Pool

July

Pool schedule is subject to change. Please read the bottom of the schedule for anticipated changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swim 6:00-1:30	Lap Swim 6:00-12:30	Lap Swim 6:00-1:30	Lap Swim 6:00-12:30	Lap Swim 6:00-1:30		
6:30am							
7:00am							
7:30am							
8:00am							
8:30am						Lap Swim 8:00-9:30	Lap Swim 8:00-10:00
9:00am							
9:30am						5 lanes open	
10:00am						2 lanes open 10:00-1:00 Scuba 8/6 & 8/20 only	2 lanes open 10:00-1:00 Scuba 8/7 & 8/21 only
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm		3 lanes open 12:30-1:30 H ₂ O Fitness		3 lanes open 12:30-1:30 H ₂ O Fitness			
1:00pm		Lap Swim		Lap Swim			
1:30pm	2 lanes open Open Swim w/ Diving Board! 1:30-3:30	2 lanes open Open Swim w/ Diving Board! 1:30-3:30	2 lanes open Open Swim w/ Diving Board! 1:30-3:30	2 lanes open Open Swim w/ Diving Board! 1:30-3:30			
2:00pm							
2:30pm							
3:00pm							
3:30pm	Lap Swim 3:30-5:15	Lap Swim 3:30-5:15	Lap Swim 3:30-6:30				
4:00pm							
4:30pm							
5:00pm	Lap Swim 3:30-8:00	2 lanes open 5:15-8:00 Synchro		Lap Swim 3:30-8:00			
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							

Camps done after 8/19

Synchro starts 8/17